#141
November 2024

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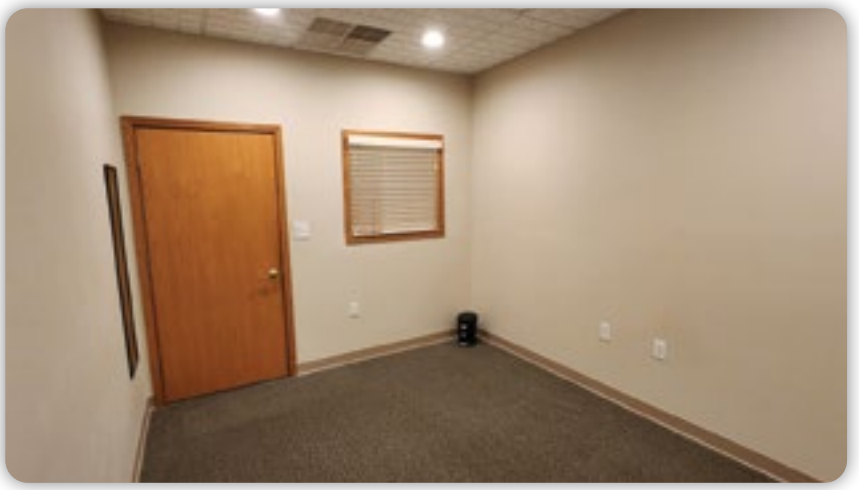

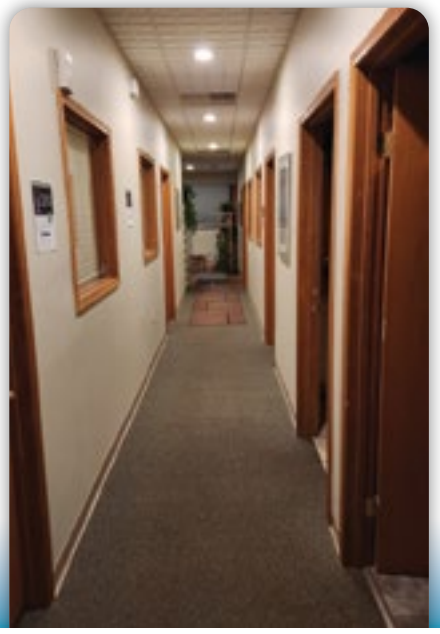

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Smeuse

The gap in the base of a hedge made by the regular passage of a small animal.

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Community High Photography student, Mariah Zeigler, photographed by Hilary Nichols. Zeigler designed and art directed this shoot.

Get Our fall issue before it's gone!

The Crazy Wisdom Community Journal

Features

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FROM OUR CURRENT ISSUE

The Transforming Power of Gratitudes

By Lisa Wolfe

Consider waking up in the morning and the only thing in your awareness is what you're grateful for. A smile comes to your lips as you look out the window and see the colors in the light of the new day. You're grateful for each little thing often unnoticed by others. You are in the stillness where gratitude can move through your life. You have a glimpse that you *are* the stillness *of* gratitude.

Similarly, consider a time when you go to sleep at night, bathed in thoughts of gratitude as you are immersed in the smell of the freshly cut grass wafting through your window. You feel the breeze over your body. You know the moonlight is creating shadows over the landscape outside. You hear the far-off call of the owl in a slow and steady rhythm. Feel your mind become still and quiet as you drift off.

Such are the ordinary mercies of each day and the gratitude that connects us to them. How does the world express gratitude to you? How does your mind move into awareness when you are alone?

Such are the ordinary mercies of each day and the gratitude that connects us to them. How does the world express gratitude to you? How does your mind move into awareness when you are alone?

Gratitude is an ever-present gift that brings us into our own presence in the stillness of the moment. Consider these things: the first morning bird song which is calling the day to begin, the light in your loved one's eyes, the sound of your child's sleeping breath, or the softness of your dog resting on your foot. It might be as simple as your slippers waiting by your bed or a blanket that keeps you warm. There are ten thousand such gifts a minute if we let ourselves see them.

Thomas Merton said, "One of the most important—and most neglected—elements in the beginnings of an interior life is the ability to respond to reality, to see the value and the beauty in ordinary things, to come alive to the splendor that is all around us."

These days, research shows there are many positive effects of gratitude. A short list includes improving emotional and physical health, sleep, decreasing aggression, increasing empathy, communication, self- esteem, and mental strength.

It's really very simple. Gratitude is a gift that gives of itself, if we only recognize it. It's always there waiting, bringing more peace and happiness, helping us care for our essential selves. It is always available, no matter the situation or how impossible our outer circumstances might seem. Gratitude can be found in the worst of all challenges, where still we have our bodies working, our internal system calling us to enter the lessons of love, bringing us to the interconnectedness with life. Gratitude helps us find the present moment which is already ours, and we see we are fully alive. The power of gratitude is readily available when we find ourselves on the mountain top or in the deep valley of life, revealing its beauty. It helps develop confidence and a quiet dignity within ordinary life, transforming us into who we are in our true essence.

These days, research shows there are many positive effects of gratitude. A short list includes improving emotional and physical health, sleep, decreasing aggression, increasing empathy, communication, self- esteem, and mental strength.

The practice of gratitudes is a simple way of discovering the life-affirming world around and within you. This gratitude in-action can help us find new habits and patterns.

Happiness and complaint can't live at the same time. Gratitude means nothing to a lot of people within our often busy, self-focused world. It's easy to identify with unhappiness right up until it becomes a habit. However, there's another way of seeing things. The practice of gratitudes is a simple way of discovering the life-affirming world around and within you. This gratitude in-action can help us find new habits and patterns. It can help us shape our lives in new ways. Gratitudes can bring us to the bright star of peace within, as life is busy growing us up into who we are meant to be. It helps us know who we are by putting us in touch with the rhythm of the natural world. It helps softens our suffering. It's an inside thing—Personal and profound.

Gratitude brings wisdom in the good times and bad. This simple perspective can become a natural part of who we are and a reliable friend in the quiet of night. Developing this simple perspective brings us to our natural state. It empowers and strengthens us letting our natural wonder take hold. Gratitude puts us in touch with the source of life, reflecting life's purity through our internal thankfulness.

Much of the world focuses on what's wrong, painful, where a downward trajectory of thoughts perpetuates more of the same, leading to the land of the dead end of living. The power of gratitudes can change our lives. It makes us kinder, gentler It enriches our relationship with ourselves.

Much of the world focuses on what's wrong, painful, where a downward trajectory of thoughts perpetuates more of the same, leading to the land of the dead end of living. The power of gratitudes can change our lives. It makes us kinder, gentler It enriches our relationship with ourselves. It helps us become more aware of all that we have, no matter how little it may seem in comparison to others. Challenges are a necessary part of our awakening heart. The world is creative and ready to help us as we provide a place for it —a personal space. The practice of gratitudes makes us more able to break the cycle of negativity and establish the good that is available within as we navigate our lives through our troubled and beautiful world.

Lisa Wolfe, RN, MSN, CNM, DipPSH, DipIC is trained internationally in healing arts of Pure Spiritual Healing, Animal Healing, and Intuitive Counseling. She is a member of the American Holistic Nursing Association, a Board-Certified Member of the National Certification Board for Therapeutic Massage and Bodywork, and is a Sevalight Associate. She has a private holistic care practice and is a writer and photographer. She lives in northern Michigan. She provides appointments via Zoom and travels for in-person seminars by request. Learn more about Wolfe's practice at LisaWolfeHolisticCare.com.

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The Community High Resource Program: A Student's Perspective

By Jack Lewis and Mariah Zeigler (CHS Students) and Hilary Nichols (Teacher)

We asked our fellow Community High School students, Claire Lewis and Jacqueline Boynton, to share their perspective about the community resource program at Community High and their experience in photography class.

We learned that the biggest thing that pushed Claire Lewis out of her comfort zone was how she dressed for her CR photoshoots. For one such photoshoot, she remembers being dressed up in a long, puffy, royal blue dress. Shooting location: the middle of nowhere. “I couldn’t tell you where it was,” Lewis said, “We just drove until we saw a spot.”

She and three other Community High School students drove deep into the Michigan countryside in the backseat of Community Resource (CR) teacher Hilary Nichols’ car. Balanced precariously in Nichols’ trunk was an entire living-room chair, costume trunk, and step stool, plus camera equipment. As soon as they stepped out, students Jacqueline Boynton, Ionie Steudle, and Julia Harrison all had cameras in hand while Nichols directed Lewis into a variety of captivating poses.

The process leading up to the gallery show required that the students take the wheel and have creative control; they had to decide on the theme of their shoots, design costumes, scout locations, and find models.

“It was just very Hilary. She’s just kind of wild in the way she thinks and the way she wants to explore everything,” Lewis said. “I think that was a time that I just remember most because of how kind of out of the ordinary it was.”

“Our final project was having a gallery and we had ours at the Cafe Verde gallery in the People’s Food Co-Op, just down the street from Community High. We did a lot of planning. We all had a photo shoot that we wanted to do, and so Hilary wanted us to put in a lot of time and thinking beforehand,” Lewis said.

The process leading up to the gallery show required that the students take the wheel and have creative control; they had to decide on the theme of their shoots, design costumes, scout locations, and find models. Luckily, they learned basic camera skills in the early weeks of their class, so they were well equipped to take the lead on their final project. “I had to just trust and believe in the process because when Hilary introduced the final I was like, ‘Wait, I can't do all that. That's crazy. Like, I can't be a director of my own stuff,’ but I did. And it was good,” Boynton said.

“I think CR helps students really discover what they're truly passionate about,” CR monitor Becky Brent said. Brent assists students in finding and creating classes that fit their interests by exploring classes beyond the conventional curriculum and ones that include hands-on experiences out in the world that can’t be recreated in a classroom.

“I think it starts with a student realizing that they have a passion toward a subject or an interest toward a career that we just don't offer an educational opportunity for here,” Brent said. “And that's kind of the beauty of the program—the learning then connects to the community.”

Brent is just one of the many CR monitors at CHS that helps to guide students to new opportunities as well as connecting them to professionals in the community.

Photo by Jack Lewis

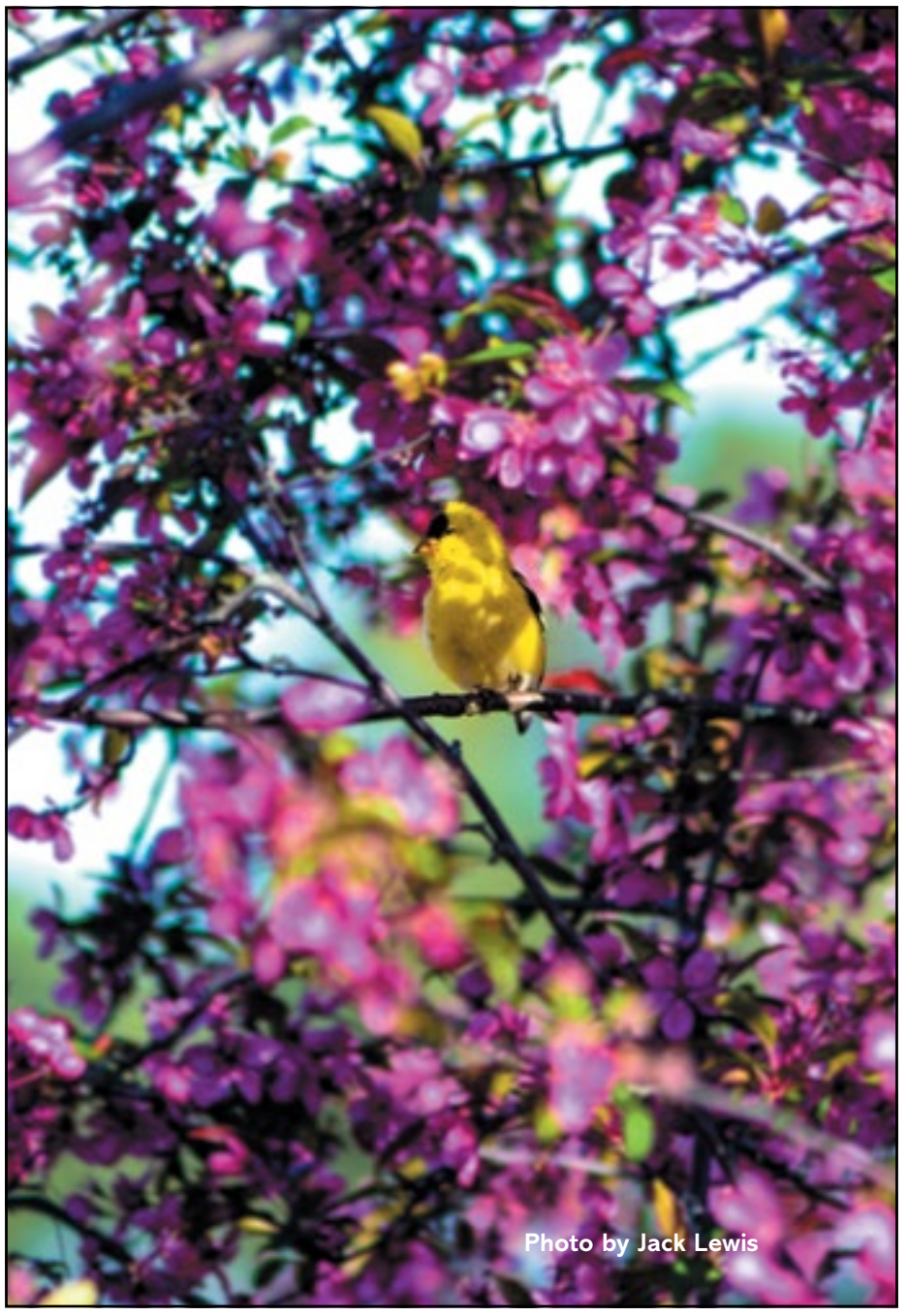
“I think the CR program just gave me the opportunity to explore photography in a way that I haven't had before,” Lewis said. “I think that Hilary Nichols helped me push myself in a way that I don't think I would [have] if just in journalism.”

The Community Resource Program: A Teacher’s Perspective
By Teacher Hilary Nichols

The community resource program is offered for all Community High School students to intern or apprentice in a workplace setting alongside a professional to ignite and expand their professional goals. The CR counseling department at Community High School supports the learning of these students to meet their criteria in multidisciplinary studies. In 2023, I was approached by sophomore Ionie Stuedel. She asked if she could intern with Hilary Nichols Photography for the Spring semester. I was excited to share my passion, experience, and knowledge with an eager student. She then expanded the query to see if she could include her three friends. Happily, Claire Lewis, Julia Harrison, and Jacqueline Boynton joined the group. Our semester began with a photographic survey, to explore the many fields of photography. We looked at magazines and billboards and the world around to expand their awareness of documentary, photojournalism, landscape, and fashion photography.

As a student-designed program they were tasked with compiling their own resource guide from Youtube, Instagram, and Pinterest to create a sort of vision board of what style of photography they would be most interested in. With cameras in hand, we approached each class as a field trip to wander town and the surrounding areas, discovering their passions and expanding their skills. Once they determined their key interest, we deepened their focus. Working in pairs, their creative partnerships grew each week, to build a body of work that they designed and orchestrated themselves. They scouted locations, planned settings, picked costuming, and crafted their compositions, then continued with the tasks of editing, printing, and framing their work. The semester culminated in their student-led artist reception at Verde Cafe and Gallery. These teen photographers impressed me, not only with their artistry and event planning, but mostly with their perspective shift from student to artist. Witnessing them fine-tune their viewpoint to see the world from the vantage point of an artist with curiosity was the most gratifying gain of the semester.

READ THE REST OF THE ARTICLE ONLINE!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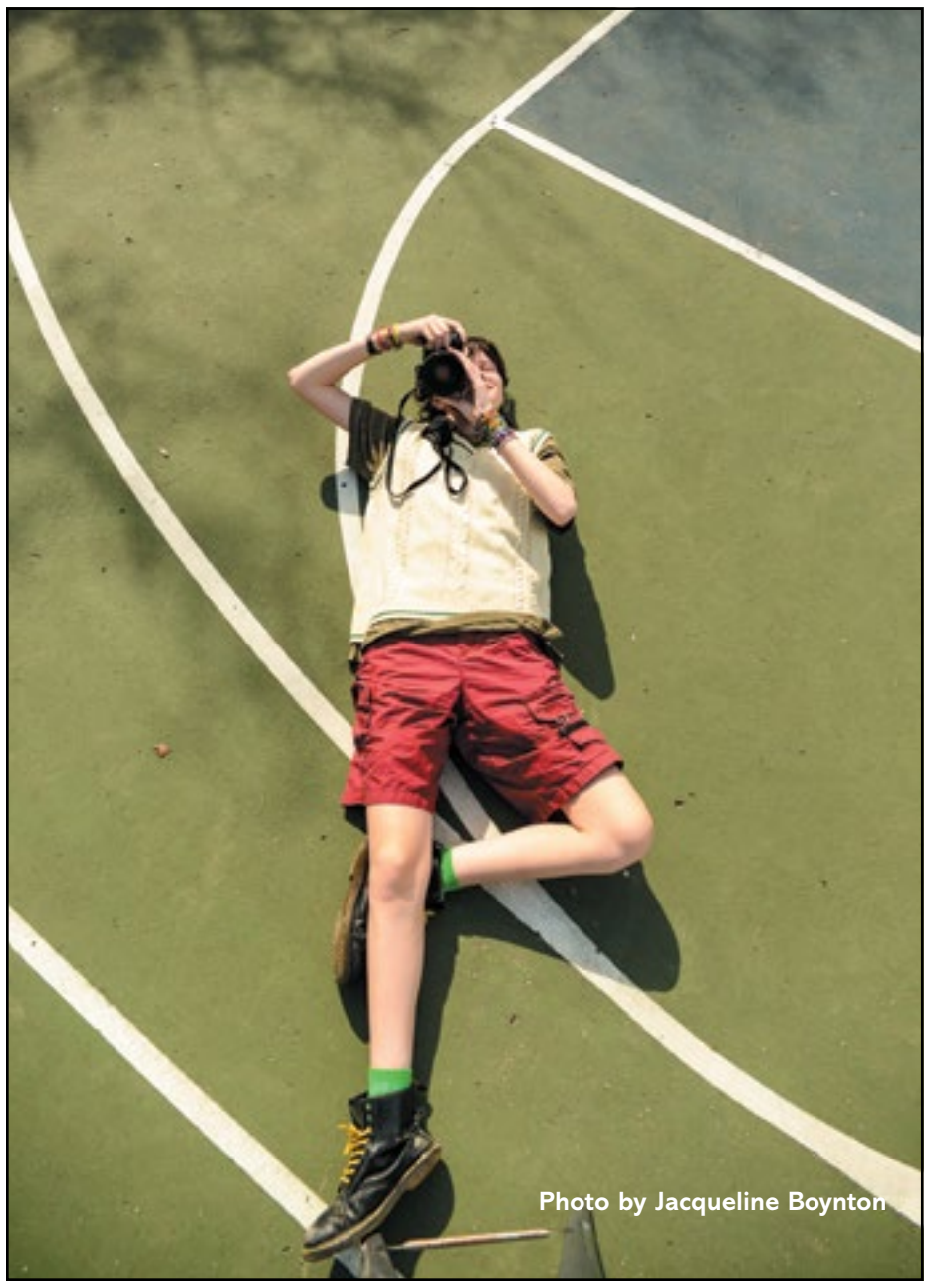
Photo by Jacqueline Boynton

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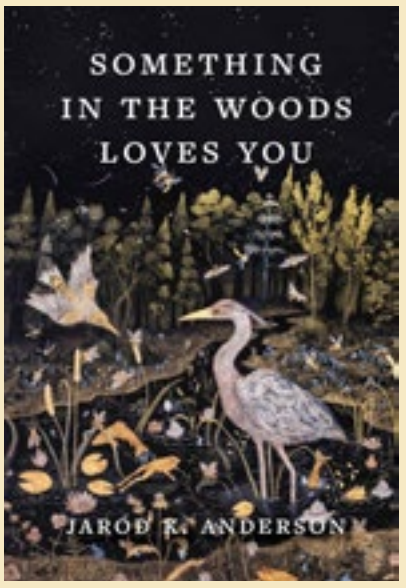
CW Book Picks *of the month*

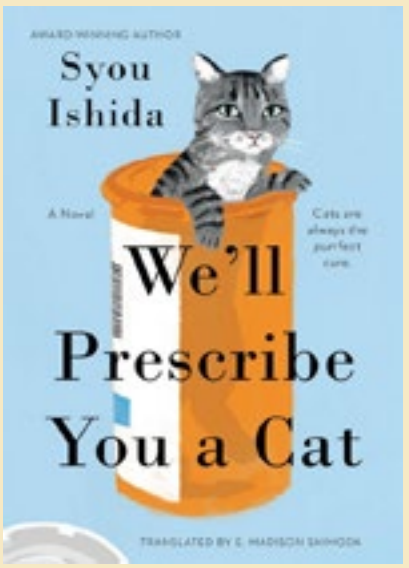


An inspiring blend of nature writing and memoir that explores nature's crucial role in our emotional and mental health.

Bats can hear shapes, plants can eat light, and bees can dance maps. When his life took him to a painfully dark place, the poet behind The CryptoNaturalist, Jarod K. Anderson, found comfort and redemption in these facts and the shift in perspective that comes from paying a new kind of attention to nature.

Something in the Woods Loves You tells the story of the darkest stretch of a young person's life, and how deliberate and meditative encounters with plants and animals helped him see the light at every turn. Ranging from optimistic contemplations of mortality to appreciations of a single mushroom, Anderson has written a lyrical love letter to the natural world and given us the tools to see it all anew.

Purchase your copy of *Something in the Woods Loves You* at shopcrazywisdom.com

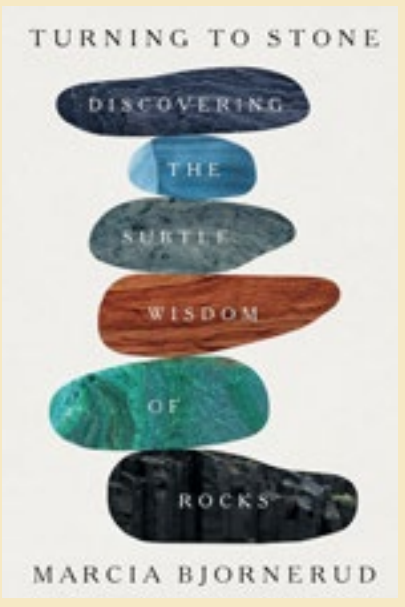


Discover the award-winning, bestselling Japanese novel that has become an international sensation in this utterly charming, vibrant celebration of the healing power of cats.

Tucked away in an old building at the end of a narrow alley in Kyoto, the Kokoro Clinic for the Soul can only be found by people who are struggling in their lives and genuinely need help. The mysterious clinic offers a unique treatment to those who find their way there: it prescribes cats as medication. Patients are often puzzled by this unconventional prescription, but when they "take" their cat for the recommended duration, they witness profound transformations in their lives, guided by the playful, empathetic, occasionally challenging yet endearing cats.

Throughout the pages, the power of the human-animal bond is revealed as a disheartened businessman finds unexpected joy in physical labor, a young girl navigates the complexities of elementary school cliques, a middle-aged man struggles to stay relevant at work and home, a hardened bag designer seeks emotional balance, and a geisha finds herself unable to move on from the memory of her lost cat. As the clinic's patients navigate their inner turmoil and seek resolution, their feline companions lead them toward healing, self-discovery, and newfound hope.

Purchase your copy of *We'll Prescribe You a Cat* at shopcrazywisdom.com



Earth is vibrantly alive and full of wisdom for those who learn to listen.

Earth has been reinventing itself for more than four billion years, keeping a record of its experiments in the form of rocks. Yet most of us live our lives on the planet with no idea of its extraordinary history, unable to interpret the language of the rocks that surround us. Geologist Marcia Bjornerud believes that our lives can be enriched by understanding our heritage on this old and creative planet.

Contrary to their reputation, rocks have eventful lives–and they intersect with our own in surprising ways. In Turning to Stone, Bjornerud reveals how rocks are the hidden infrastructure that keep the planet functioning, from sandstone aquifers purifying the water we drink to basalt formations slowly regulating global climate.

Bjornerud's life as a geologist has coincided with an extraordinary period of discovery in the geosciences. From an insular girlhood in rural Wisconsin, she found her way to an unlikely career studying mountains in remote parts of the world and witnessed the emergence of a new understanding of the Earth as an animate system of rock, air, water and life. We are all, most fundamentally, Earthlings and we can find existential meaning and enduring wisdom in stone.

Purchase your copy of Turning to Stone at shopcrazywisdom.com

Community Spotlight

By Lynda Gronlund

On Sunday, November 3, Lisa Salisbury of Sky's The Limit will host a workshop on "Harmony Within: Aligning Mind, Body & Soul."

The workshop will be at 7 Notes Natural Health on Packard in Ann Arbor, and will include tools for stress reduction, information on meditation, tapping and journaling, a sound bath, self-love techniques, mindful movement, and information about nutrition as we age. Salisbury said that the workshop is meant to be an introduction for people who are new to holistic health and healing. It is designed to be interactive and personalized, as participants will be polled beforehand about what they hope to receive from the experience and broken up into smaller groups for individual attention during the event.

Salisbury is a certified mindfulness teacher and active movement coach. Her co-presenters include Melissa Bila Regan, a Registered Nurse, health coach, grief coach, mindfulness teacher, and yoga teacher; Laura Main, a certified personal trainer and Alzheimer's specialist; and Rob Meyer-Kukan, owner of 7 Notes, Reiki healer, sound healer, body worker, and energy therapist.

Salisbury is relatively new to the mindfulness space. She began her mindfulness journey in the last few years and got certified in May. She said, "so many people don't realize what they can do to help themselves" especially in a post-pandemic world that seems like it is "swirling out of control." She is using her prior event planning experience as she brings forward this workshop which she hopes will be the first of many. She said, "my passion is helping others grow and find their own message. My impact currently as a professional is developing programs that help inspire and bring out the best in everyone."

Salisbury described the 7 Notes location as "a beautiful facility" that feels "like you're wrapped in a hug." There are several smaller rooms which will help facilitate the portions of the workshop where participants will be put into smaller groups. This workshop is adult focused but there is no specific age requirement.

More information and online registration are available at skysthelimit.my.canva.site/sky-s-the-limit-website. Lisa Salisbury can be reached by email at Salisburylisa5@gmail.com or by phone at (248)719-4034. 7 Notes Natural Health is located at 3830 Packard Street Suite 120 in Ann Arbor, Michigan 48104, and the 7 Notes website is 7notesnaturalhealth.com.

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Your Nodal Axis Knows

By Amy Lagler

Years ago, my friend Lorraine and I were comparing junior high report cards which, back then, were much more than a letter grade representing your academic successes and failures. Teachers actually wrote a list of everything they wanted your parents to know you were or weren't doing. In my case, the list was long and critical.

"Not living up to her potential" appeared on my report card every time, something I never fully understood, as I tried every single day to make people laugh. Apparently, my teachers believed I should set my sights on a different goal. "Disruptive in class" also appeared every time, and most of the rest of the list had something to do with the fact that I would not shut up.

Lorraine had a lot of choice comments on her report cards too, but the one I loved the most (and later stole for my website and short-lived blog) was "habitual time waster." It made me laugh, in part, because Lorraine is definitely *not* a time waster. I can see though that, like me, Lorraine has her own ideas of time well spent, and they probably ran afoul of the traditional K-12 curriculum.

In truth, Lorraine is a lifelong student of the universe, endlessly looking for answers, studying different fields of thought and, thankfully, sharing her ideas with friends like me. It was one of her latest forays into the world of astrology and birth charts that brought me back to thinking about my report cards.

I can see though that, like me, Lorraine has her own ideas of time well spent, and they probably ran afoul of the traditional K-12 curriculum.

I didn't know much about astrology, so when Lorraine presented me with my birth chart last year, a literal map of the sky at the exact moment and location of my birth with all the planets and stars located within a zodiac wheel, it was a bit of a revelation. I'd known I was a Gemini since I was very young (I grew up in the 1970s after all) but I didn't have any idea I had multiple planets in Gemini—three to be exact:the Sun, Mercury, and Mars. I'm certain that anyone who knows anything about astrology just had an immediate understanding of what I must have been like in my youth (okay, maybe I'm still like that; my birth chart hasn't changed after all).

For those that don't know much about astrology, the Sun conveys your central purpose or vitality, Mercury reveals how you communicate and connect with others, and Mars reflects how you take action and assert yourself. Having all three of these planets in Gemini, a sign known for being social, playful, easily bored, and (above all) *talkative*, probably explains why I'm a bit gregarious (some might say obnoxious). Or they might simply say something I've heard a lot in my life, "Amy please stop talking."

The revelations of my birth chart didn't stop with the trio of planets I have sitting in chatty Gemini. Far more interesting to me was the little matter of my Nodes. There is a South Node, presumably what you come into this life with (the skills you have developed in previous lives) and a North Node, which is where you should be headed and what you are here to work on this time around. I had never heard of Nodes before, although I had been told that my birth chart might give me a sense of my life's path or some idea about the journey I am on this time around. Skeptic that I am, I assumed the information would be pretty vague and full of generalities that could probably apply to most of the population. I never expected it to be so specific and spot on—and not necessarily in a good way. Be forewarned that if you develop some curiosity about your own Nodes, reading about them can really piss you off.

One thing I've learned about many astrologers is that they don't really care if they piss you off. There is no sugar coating the stars. What's funny to me is how it is the most obvious stuff, the stuff all your friends know, that *really* sets you off when you hear it from a random astrologer.

Take, for instance, the very first thing I read about my Nodal Axis (North Node in Taurus. South Node in Scorpio). Apparently, that indicates that I have an excessive need for external validation. What the hell? That's not true. I'm super confident, some might say overconfident. It's a lifelong quality that has gotten me into trouble repeatedly, often with very comic results. I was furious with disbelief that anyone, let alone someone who had never met me, would accuse me of needing external validation.

I didn't know much about astrology, so when Lorraine presented me with my birth chart last year, a literal map of the sky at the exact moment and location of my birth with all the planets and stars located within a zodiac wheel, it was a bit of a revelation.

But wait! Maybe I should point out that I used to be a professor. For anyone who has been around professors that is probably enough said. For anyone else, trust me when I say professors need, crave, and seek out external validation. It's the necessary component, the secret sauce of what keeps you in school for that long and makes you read so many books, take so many exams, and attend so many mind-numbingly boring seminars. I haven't been a professor in decades, but I remember the ego stroking it provided. It felt very nice. Is it self-evident to point out I'm still seeking external validation at some level? You're reading something I wrote so… yes? Let's move along.

Aside from the true but still somewhat vague generality that I'm a validation seeker, my Nodal Axis also had some very specific things to say about my past lives. My South Node in Scorpio indicates I've had a lot of go arounds that were turbulent, full of drama, intensity, drugs, sex, and power seeking. Possibly that might explain my teenage years in a broader historical context. Astrologers also agree that with this Nodal Axis I was probably a Courtesan in several past lives. Possibly that might explain other things, like how I ended up writing my dissertation on prostitution in Chicago during the Gilded Age. I've always wondered what made me interested in that.

Is it self-evident to point out I'm still seeking external validation at some level? You're reading something I wrote so... yes? Let's move along.

Thankfully, in this lifetime I've had other options and, according to my Nodes, I should end up a person of authority, possibly like a professor. Interestingly, they also indicate that I will somehow get involved in antiques, a suggestion that seemed overly specific and even more funny for being true. In fact, I quit being a professor to open an antique store. Oh, I laughed. Maybe there is something to these Nodes after all. If so, I'm right on track.

Overall, I wouldn't be unhappy if the astrology was spot on this time around as a North Node in Taurus means journeying toward a life of peace, spiritual growth, and contentment (I guess time will tell!). I'm pretty sure though that even if my travels take me toward a life of peace, I'm going to be disruptive and chatty through this whole wild ride. Rest assured, I will keep reaching for my true potential and keep trying to make you laugh.

Amy Lagler lives in Ann Arbor, where she continues to unwittingly follow her Nodal Axis. Having closed down the antique store, she now spends most of her time in nature and continues to talk an alarming amount to others, her dog, and, occasionally, herself if no one else is available. She also still happily panders to external validation so please feel free to email her at habitualtimewaster@gmail.com.

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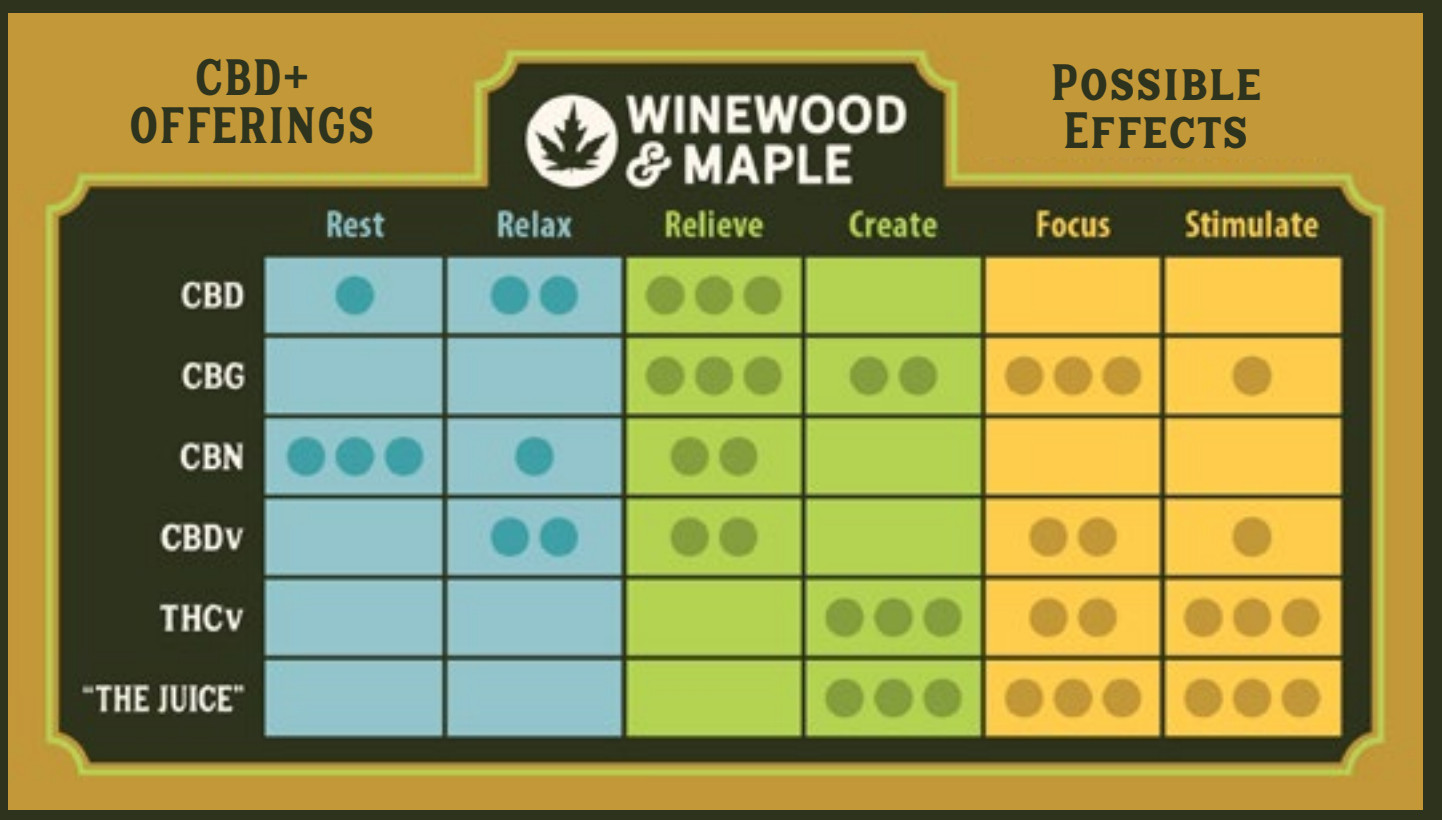

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Cooking with Lisa

By Lisa Viger-Gotte

Roasted Root Vegetable Soup

Cozy up with a bowl of Roasted Root Vegetable Soup! This hearty, creamy blend of earthy flavors is perfect for winter warmth and comfort.

Ingredients:

4 cups assorted root vegetables (sweet potatoes, potatoes, carrots, parsnips, turnips, and/or beets)

2 tablespoons olive oil

1 medium onion quartered

2 cloves garlic

1/2 teaspoon thyme (or 2 teaspoons fresh)

1/2 teaspoon sage (or 2 teaspoons fresh)

1/2 teaspoon salt (or to taste)

1/2 teaspoon pepper (or to taste)

1/2 teaspoon red pepper flakes (or to taste)

Liquid: 3 cups vegetable broth, more or less, depending on desired consistency

Topping Suggestions: Croutons, toasted bread, pumpkin seeds, lightly sauteed sage leaves

Directions:

Preheat oven to 400°F.

Peel and chop your favorite root vegetables into 1-inch pieces. Toss the chopped vegetables and the rest of the ingredients, except for the toppings and liquid, in a bowl together until everything is lightly coated with oil. Then spread them all out on a parchment-lined baking sheet.

Bake for 35 to 40 minutes, until the vegetables are tender and have started to lightly caramelize.

Allow the roasted vegetables to cool slightly and then place them into a high-speed blender with the vegetable broth, and puree until very smooth. This may have to be done in batches. Alternatively, use an immersion blender and place the roasted vegetables and vegetable broth into a large soup pot and blend until creamy.

Sauté whole sage leaves in oil over medium heat until lightly crisped for a delicious topping. This will only take a minute or two. Watch carefully to prevent burning.

Serve with toasted bread and/or garnish with croutons, and pumpkin seeds. Add a swirl of plant-based sour cream if desired.

Oil-free option: Simply omit the oil. The vegetables will be slightly more crispy but still delicious.

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Vegetable Chili with Chocolate

Did you know that a bit of cacao powder, or even a bar of dark chocolate, can enhance your favorite chili recipe? It adds a rich, complex depth by enhancing the savory and spicy flavors with a subtle, earthy bitterness. Cacao's slight bitterness balances the chili's spiciness and acidity, creating a harmonious blend of flavors that is just delicious.

Ingredients:

- 2 Tablespoons olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 bell pepper (any color), diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) corn kernels, drained
- 1 can (28 oz) diced tomatoes
- 2 Tablespoons tomato paste
- 2 cups vegetable broth
- 2 Tablespoons chili powder
- 1 Tablespoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- 1/2 teaspoon cinnamon
- 2 Tablespoons cacao powder (or 2 oz dark chocolate)
- Salt and pepper to taste
- Juice of 1 lime
- Plant-based shredded cheese and fresh cilantro for garnish

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic, cooking until softened, about 5 minutes.
2. Add the bell pepper, carrots, and celery, and cook for another 5 minutes until the vegetables begin to soften.
3. Stir in the zucchini and cook for 3 more minutes.
4. Add the black beans, kidney beans, corn, diced tomatoes, and tomato paste. Stir to combine.
5. Pour in the vegetable broth and bring the mixture to a simmer.
6. Add the chili powder, cumin, smoked paprika, oregano, cinnamon, and cacao powder. Stir well to incorporate the spices.
7. Season with salt and pepper to taste.Let the chili simmer for 20-30 minutes, stirring occasionally.
8. Add the lime juice and stir to combine.
9. Serve hot, garnished with plant-based shredded cheese, if desired, and some fresh cilantro.

I hope you enjoy the chocolate-enhanced chili!

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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

November & December 2024

Calendar edited by Kaili Brooks

Art and Craft

Wheel Throwing Course with Throw Art Studio • Ongoing Wednesdays, Thursdays, Fridays, & Saturdays • Times Vary • Learn to wheel throw in six sessions and receive an in-depth look at the ceramic creation process. Keep what you make! Bright, open studio space with cafe on-site. New sessions start at the beginning of each month with classes available morning and evening, weekday, and weekend. $279. For more information visit throwannarbor.com.

Solo Exhibition of Simon Ha's Paintings: Elemental Revelations with Raymond James Ann Arbor • Thursday, September 19 through Tuesday, November 19 • Opening Ceremony 4:30 to 7:00 p.m. • Ha's solo exhibition, aptly titled "Elemental Revelations," invites visitors to immerse themselves in the profound and often unseen forces that shape our existence. At the heart of this exhibition lies the central theme of sudden revelations about the elemental forces working within and around us. These abstract acrylic paintings serve as both a visual and emotional journey, inspired by the invisible yet palpable energies that influence our daily lives. Located at Raymond James and Associates, 350 S Main St #100, Ann Arbor, MI 48104. FREE. For more information visit simon-ha.com.

New Exhibit Opening Reception at Crazy Wisdom: Spiritual Journey, The Art of T.S. Rosenbaum • Thursday, November 14 • 6:30 to 8:30 p.m. • Join us in the Art Gallery to celebrate our new exhibit: Spiritual Journey A retrospective of various styles of work over the past ten years reflecting the artist's spiritual journeys expressed through his art. A mid-century modern exhibit. For more information visit crazywisdom.net/events-upstairs-at-cw/art-gallery.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, November 3 & 17, December 1 & 15 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Meditation sitting with Various Presenters • Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Kenneth at (734) 678-0264.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • November 3, 10, 17, 24, December 1, 8, 15, 22, 29 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, November 5, 26, December 3, 10, 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. The sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation Workshop with Khenpo Tshering Chophel • Saturday, November 2, 9, 16, 23, December 7, 14, 21,& 28 • 10:30 to 11:30 a.m. • Buddhist monk Khenpo Chophel teaches new meditation techniques, leads meditation, and facilitates discussion about people's meditation practice. FREE; donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Dharma Talk with Khenpo Chophel • Saturday, November 2, 16, & December 7, 21 • 12 to 1:00 p.m. • Dharma talks cover a wide range of topics in Buddhism, with opportunity for group discussion. A good way to get acquainted with Karuna Buddhist Center and Khenpo Chophel. Topics will be announced closer to each date and can be found on our website and Facebook page. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Ceremonies, Celebrations, and Rituals

Sacred Savings Immersion Event with Michaelene Ruhl • Ongoing • With gratitude, we extend an exclusive offer to harmonize with the vibrant energy around us. Enjoy a 15% discount on all Plant Spirit Medicine packages through December 2024. Secure your savings and reserve your session by paying a deposit by August 31, 2024. Embark on your healing journey today. For more information contact Michaelene at michaelene@constellationhealingarts.com or visit constellationhealingarts.com. Price dependent on packaging.

Sunday Celebration with Interfaith Center for Spiritual Growth • Sunday, September 1 through December 29 • 10:45 a.m. to Noon. • Each Sunday, in person and on Zoom, we explore universal truths from all spiritual paths. Donations gratefully accepted. For more information, visit interfaithspirit.org.

Dances of Universal Peace to Celebrate Winter Solstice with Susan Slack • Friday, December 13 • 7 to 8:30 p.m. • The Dances of Universal Peace is an interactive, moving meditation practice. Certified leaders share simple chants from Earth's sacred traditions that we sing while moving gently to live music. Joyful, contemplative, and community building. All welcome. $10 suggested donation. For more information contact Susan at peaceinacircle@gmail.com or visit DancesofUniversalPeace.org.

Winter Solstice Lighting of the Fire with Sister Esther Kennedy • Sunday, December 22 • 3:30 to 4:30 p.m. • Calling forth the wisdom of the ancestors. On this darkest night of the year, we listen and give voice to ancestral wisdom held lovingly within darkness and flames of fire. We gather in circle, sing and dance with hearts full of gratitude and love. FREE. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Channeling

Remembering Wholeness, Darshan with Barbara Brodsky & the Mother • Sunday, November 24, December 15 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $40-$120-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron with Barbara Brodsky • Wednesday, December 11 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $30-$90-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

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Children and Young Adults

Finding Your Mind-Body Rhythm with Robin Lily Goldberg • Monday, December 9 • 6 to 7:30 p.m. • This workshop offers an oasis to adolescents ages 13-18. Through attuning to our thoughts, emotions, sensations, and environments, we'll rediscover our natural rhythms leading to intrinsic sources of support and delight. By embracing these resources, we can release stress, ride the waves of change, and enjoy the journey. $20. For more information contact Robin at robinlily@outlook.com.

Death and Dying

Death Café with Rev. Annie Kopko and Susan Thompson • Tuesdays, November 5, December 3 • 6:30 to 8:00 p.m. • A discussion group—rather than a grief-support group or counseling session—with no agenda, objectives, or themes. Meets on ZOOM. FREE, donations gratefully accepted. For more information, visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, November 11, December 7 • Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Hosted on ZOOM. For more information contact thedyingyear@gmail.com.

Ypsilanti Death Café with Acacia End of Life Services • Saturday, November 9, December 14 • 11:30 a.m. to 1:30 p.m. • The objective of Death Cafes is to increase awareness of death with a view to helping people make the most of their (finite) lives. It's a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session. FREE, donations welcome. For more information visit bloodrootherbshop.com.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, November 16, December 21 • 11:00 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month in the Meeting Room! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Monday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. $265 includes online study modules. For more information contact Merilynne at (734) 395-9660, or email thedyingyear@gmail.com.

Energy and Healing

Imaginary Friend Revival Individual Playshop with Debra Metler • TBD by Client • Imaginary Friend Revival Individual Playshops can help enhance your imagination and creativity. You will attend four, one hour, one on one, interactive Playshops on Google Meet with Debra Metler MSW, CHC. You will explore the concept of the Imaginary Friend and the role that playfulness can have in your daily life. $185 for four one-hour sessions. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, November 7, December 5 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in a new world of unconditional love. Release judgment and fear and discover your true purpose. Available by teleconference call and recorded; supported by skilled world healing ascension workers. $300 for a series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

A Physician's Journey: Yoga and Meditation to Holistic Medicine: Using the Philosophy of Raja Yoga as a Medical/Health Care Model with Dr. Dennis Chernin • Wednesday, November 13 • 7 to 9:00 p.m. • Dr. Chernin has actively practiced and taught meditation and breathing techniques worldwide for over forty years based upon the ancient teachings of Tantra, Vedanta, and Samkhya philosophies. He is a certified yoga teacher and the author of several books, the most recent being *A Physician's Journey: Yoga and Meditation to Holistic Medicine*. He also wrote *How to Meditate Using Chakras, Mantras, and Breath* (with audio CD of guided meditation) and *The Complete Homeopathic Resource for Common Illnesses*. Hosted in the Crazy Wisdom Celestial room. For more information contact Bill at billz@crazywisdom.net.

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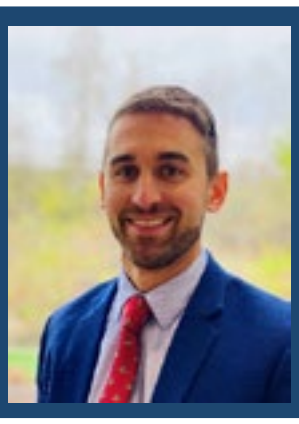

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Energy Medicine & Nervous System Balancing with Mary Light • Thursday, December 5 & Friday, December 6 • 9:30 a.m. to 4:00 p.m. • Approaches such as Polarity Therapy, Cranial Sacral Balancing, Chiropractic, Marma, and Reflexology have evolved within the bodywork professional for at least 6 decades. This is a hands-on workshop to experience and explore several sessions and their outcomes and benefits. 16 CE. $250. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with the Enlightened Soul Center • Saturday & Sunday, November 2, 3 & 16, 17, Dec 7, 8 &21, 22 • Saturday Noon to 6:00 p.m., & Sunday Noon to 5:00 p.m.• Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof: intuitive tarot & oracle card readings, psychic readings, mediums, and spirit art drawings. Prices of readings vary based on type and practitioner. Cost of admission: Saturday $5, Sunday $3. For more information contact Amy Garber, (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Film

Film & Discussion with Jewel Heart Instructors • Friday, December 13 • 7 to 9:15 p.m. • December 13: The Civilization of Maxwell Bright. 2005. After a series of bad relationships, a man orders a mail-order bride and receives more than he bargained for. FREE. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing

Healing through Connecting Constellations Workshop with Michaelene Ruhl • Saturday, November 16, December 14 • 1 to 6:00 p.m. • In our journey through life, we are intricately connected to everything. Healing through Connecting Constellations (HCC) helps re-establish those connections. Held in a sacred, compassionate space, each HCC experience offers profound healing. It provides a meaningful avenue for reconnection to love, life, and Self. $185 or $165 14 days before. For more information contact Michaelene at michaelene@constellationhealingarts.com or visit constellationhealingarts.com.

From Inflammation to Cardiovascular Disease – Can We Break the Cycle? with Dr. Randy Lieberman • Sunday, November 3 • 5:00 p.m. • As many of us struggle with a condition which any offered medical solution is not resolving it, you're invited to join us for an eye-opening talk, about understanding cardiovascular diseases and your roll in prevention and healing what you are struggling with, working with your doctor. For more information call: (248) 982-1203 or visit https://trad-em.com/from-inflammation-to-cardiovascular-disease-can-we-break-the-cycle.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, November 3, December 1 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. See website for phone and payment information. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

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The Crazy Wisdom Calendar

Intuitive and Psychic Development continued...

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, November 5, December 3 • 7 to 8:00 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Massage

Lymphatic Massage Training for 20.5 Certification with Rachel Perry Gilbertson • Saturday, November 9 & Sunday, November 10 • 8:00 a.m. to 5:00 p.m. • Requires the online 4.5 pre-study. Includes Myofascial Lymphatic Drainage - (Level 1) and the introduction to Myofascial Lymphatic Drainage home study. $530. For more information contact Rachel at (608) 290-4828 or visit pumplymph.com.

Meditation

Weekly Silent Meditation with Celeste Zygmont • Ongoing Sundays from 11:00 a.m. to Noon & Tuesdays from 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation. Donation-based. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

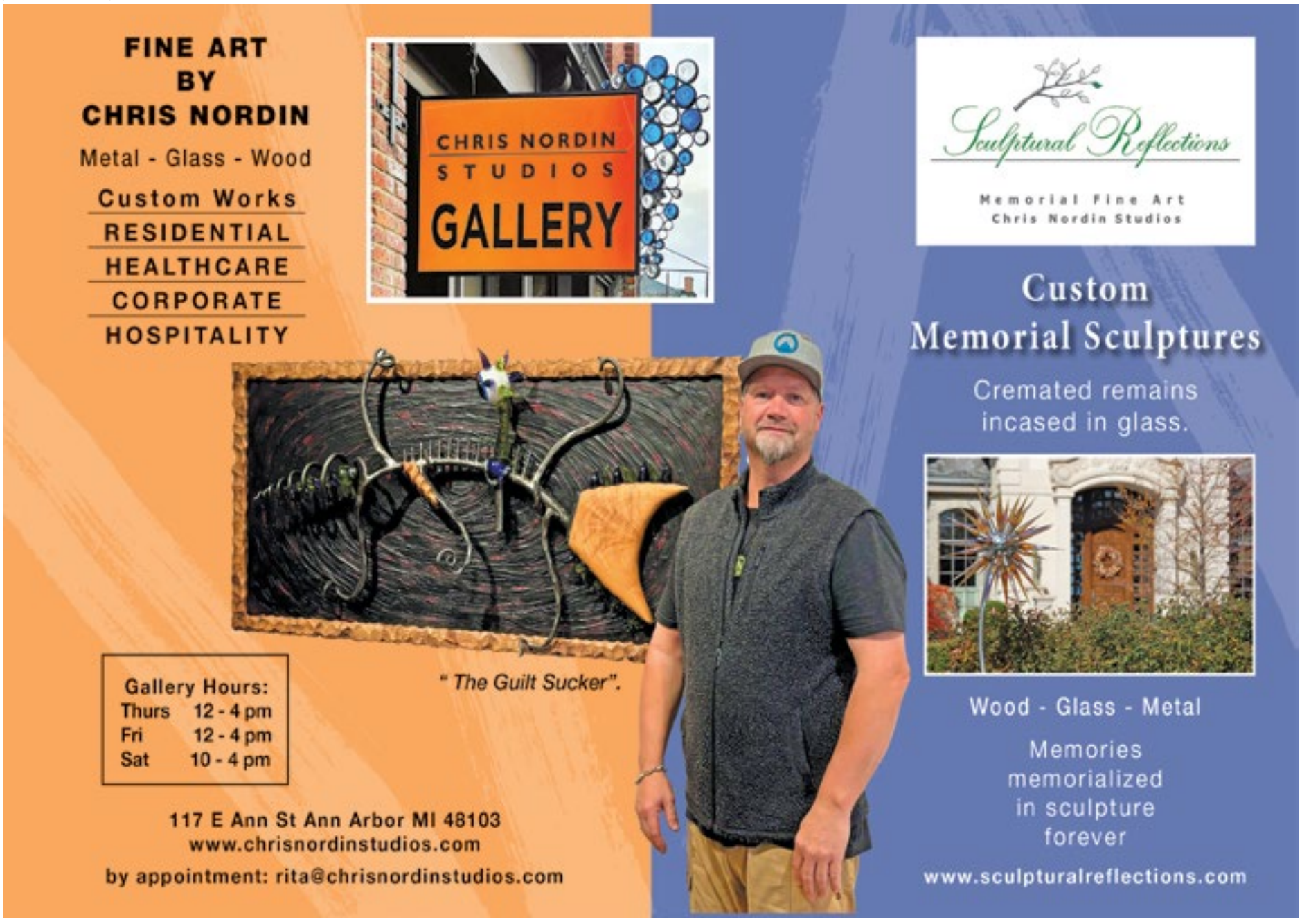
White Tara Guided Healing Meditation with Jewel Heart Instructors • November 3, December 1, 8, 15, 22, 29 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Ocean of Holy Love Meditation & Sound Journey with Selenia Rodriguez • Saturday, November 9th • 6 to 8:00 p.m. • Sound Journey through the Ocean of Holy Love. This experience is a partially guided Holy Fire Reiki Meditation that provides peace, purification, guidance, empowerment, and healing for a wide range of conditions and issues. This experience will start with simple breath work, and grounding, then a guided meditation followed by a sound journey. $30. For more information contact Selenia at healingwithselenia@gmail.com or visit healingwithselenia.com.

Community Sound Bath with Rob Meyer-Kukan • Friday, December 6 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, November 4, 25, December 2, 9, 16. • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Wednesday, November 13 • 10:00 to 11:00 a.m • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.



Sound Bath Meditation with Rob Meyer Kukan and Breathe Yoga • Friday, November 8, or Tuesday, December 31 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Fridays $28, Tuesday $35. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone, & Spirit Friends • Saturday, November 2, & December 7 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. Consider how we as humans can learn to understand and collaborate with others to bring the gifts of the human to this inter-cosmos collective, embracing the diversity and complexity of form. Suggested donation: single-$30-$110; all three workshops $90-$330. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Sound Bath Experience with Becca Hacket • Friday, November 15 • 6:30 to 7:30 p.m. • Becca starts with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. She uses sound and her voice to help you wind down, get cleared, and energized. It is an amazing gift to yourself. This is a time for you to release stress and relax. $30. For more information contact the Mix Studios at (734) 845-9105, email hello@the-mix-studios.com, or visit the-mix-studios.com.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Thursday, December 12 • 1 to 2:00 p.m. • Are you just plain busy? This hour-long sound bath is for you! Join sound therapist Rob Meyer-Kukan at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. $30, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Cacao + Sound with Rob Meyer-Kukan • Friday, November 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for a special First Friday Community Sound Bath incorporating Cacao + Sound themed around remembering our ancestors! Rob will create an experience that will immerse you in peace and tranquility. Each participant will be supplied with a yoga mat and blanket. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Lost in Thought with Sister Esther Kennedy • Saturday, November 2 • 10:00 a.m. to 2:30 p.m. • Have you noticed how your thinking mind draws you in and drags you along from thought to thought, weaving stories conditioned by the past? How easy it is for us to get trapped in our mind-made conceptual prisons. Underneath all the fluctuating thoughts and emotions, there is within each of us a dimension of consciousness far deeper than thought. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org

Sound Bath with Rob Meyer-Kukan • Sunday, November 10 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in downtown Plymouth. Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Please bring a yoga mat and blanket and any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Acupuncture + Sound with Rob Meyer-Kukan & Lauren Hoffman • Sunday, November 17 • 3 to 4:30 p.m. • Rob from 7 Notes Natural Health will be joined by Lauren Hoffman from Whole-Self Wellness, LLC to share an afternoon of resonance and release. Relax into the tones of singing bowls, gongs, chimes, and more while receiving acupuncture. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. $50, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Cultivating Warmth of Heart with Sister Esther Kennedy • Saturday, December 7 • 10:00 a.m. to 2:30 p.m. • We can begin by choosing to be present. In silent moments we grow the courage to hear, with the heart-mind, the voice inside us connecting us to all beings and the whole web of life. We humans are at a crossroads and profoundly need one another as we cultivate hearts that are tender, discerning, compassionate, and deeply loving. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Longest Night Celebration with Rob Meyer-Kukan • Saturday, December 21 • 7 to 9:00 p.m. • This event will help us to celebrate the never-ending light within each of us. Seasonal imagery, healing sound (singing bowls, gongs, etc.), releasing ceremony, labyrinth walk, drumming, and more will create a unique and uplifting experience. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. Sliding Scale $25-40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

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From Our Archives

A Minute to Meditate:
Laughter as Self-Care

By Angela Verges

If you give a mom a minute to meditate, she'll drift into a deep sleep. If she goes to sleep, she'll want to snuggle with her favorite fleece blanket. If her blanket isn't warm enough, she'll want fuzzy socks.

If her sock has a hole in it, she'll search for needle and thread to sew it up. As she sews the hole, she'll become tired and remember why she began to meditate in the first place. And in the life of a busy mom, the cycle repeats.

Children's book author Laura Numeroff wrote several books that I love reading: If You Give a Mouse a Cookie, If you Give a Pig a Pancake, and If You Give a Moose a Muffin. When the characters received the item they wanted, they continued to ask for something more.

As busy moms, it's acceptable to want more time, more help, more space, and the list goes on. An important element to add to your list of more, is self-care. I am reminded of a safety instruction given by flight attendants, once you board a plane, "In the event of an emergency secure yourself, then assist your child."

I'm paraphrasing that statement, but the idea is that in order to help someone else, you must be well.

Step off the hamster wheel, the merry-go-round, the rinse and repeat cycle of life, and schedule deliberate time for self-care. Laughter is one tool I like to include in my self-care kit, and you can, too. Here are three ways to use humor or laughter as self-care.

Find humor in daily situations. I've fallen asleep during meditation, prayer, and a Zoom class. None of these things were boring, it's just that my body has a mind of its own. When it needs rest, it's going to rest. I find the humor in each situation and share it through a story or comedy. You, too, can uncover humor in your daily walk. Try it.

If you give a mom a minute to meditate, she can truly find a million other things to distract her.

Treat yourself to a comedy show—find a comedy club in your area, call a friend, and laugh until your cheeks hurt.
Read something humorous—as a youngster I loved to read Archie comics. Every now and then I'll still grab an Archie Digest from the bookstore (Yes, Archie comics are still around). The stories my not be laugh out loud funny, but they can evoke a smile. I'm currently reading Fifty Things That Aren't My Fault by Cathy Guisewite, the creator of the comic strip, Cathy. I have laughed out loud while reading her book. I also had an opportunity to meet Cathy in person at an Erma Bombeck Writers' Workshop. Her keynote talk had the room filled with laughter.

Laughter helps you view your situation with lightheartedness. Laughter should be a part of your self-care. A friend told me how she felt peaceful and relaxed after practicing meditation. I wanted to experience that relaxed state, that non-hurried feeling, a state of momentary euphoria. I wasn't sure where to start with a guided meditation, I turned to Google…and found what I was looking for, so I thought.

One morning, before the sky opened to light, I sat crossed legged on my bedroom floor. The only sound that filled the room was a bird chirping at my open window. I opened my laptop and clicked the link to the meditation I planned to use. The woman began talking in a calming voice "It's good to pause and relax. Close your eyes. It's okay to go to sleep…it's the end of your day."

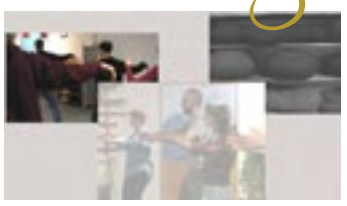
I popped an eye open and listened a little more. "This guided sleep meditation will relax you for a good night's rest." I wasn't ready to sleep. I had just woken up! I didn't know at the time that there were different meditations for morning, evening, Christian, and other specifics. When you question Google, you may want to be specific in what you're seeking.

If you give a mom a minute to meditate, she can truly find a million other things to distract her. The opposite can also happen—she may fall asleep because she just finished doing a million things. Laughter can help to ease some of the daily stress we experience.

Take a minute, or two (or three!) to invest in your self-care. Laugh more.

Angela Verges is a native Detroiter who writes books for children and blogs about parenting experiences as she practices being a grown-up. You can find her on stage bringing laughter to others. Follow her on Instagram at writermama223, on Facebook @angela.verges or visit her website angelaverges.net.

Peaceful Dragon School



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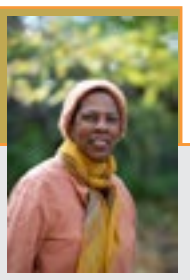

Master Wasentha Young

Multicultural Events

Poverty's Intersectionality with Maureen Taylor • Thursday, November 19 • Time TBD • We have asked Professor Maureen Taylor to share with us how poverty impacts the communities we have been focusing on throughout the year, specifically; women, those with disabilities, and people of color. The hope is to educate about poverty's deep attraction to many marginalized communities and the impact it has on them. FREE. For more information contact Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Music, Sound, and Voice

Cafe 704 with Interfaith Center for Spiritual Growth • Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. Paul Vornhagen & Aron Kaufman (Nov. 9), and Dorkestra (Dec. 14) $10. For more information visit interfaithspirit.org.

Sound Healing and Self Care with Jaime Lawrence & Kimberly Joy Rieli • Sunday, November 3 • 3 to 5:00 p.m. An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. They'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. Sliding scale suggested: $55, $44, or $33. Located at the Infinite Light Center, 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com, AND/OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Community Sing with Matt Watroba • Wednesday, September 11, November 13, December 11 • 7 to 8:15 p.m. • Matt leads a folk-music singalong with singers of all abilities. No experience necessary. May include other genres. Donations in any amount are appreciated. For more information visit interfaithspirit.org or mattwatroba.net.

Candlelight Meditation Concert of Sacred Songs & Healing Chants with Norma Gentile • Sunday, December 15 • 4 to 5:30 p.m. • Sacred Songs and medieval Healing Chants sung in full candlelight. Norma creates a colorful harmonic tapestry with singing bowls and audience toning, upon which she sings chants composed nearly a thousand years ago by the seer and saint, Hildegard of Bingen. Suggested donation of $20. For more information contact the Interfaith Center for Spiritual Growth (734) 327-0270 or visit HealingChants.com.

Naturopathy

Natural Medicine Certification Series with Mary Light • Thursday, October 19 & 26 • 11 to 11:30 a.m. • Presentation to launch our Natural Medicine Certification Series which will begin in January 2025, to give information to prospective participants. FREE. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Nutrition and Food Medicine

Farm to Table Community Dinner Series with Washtenaw Meats & Jolly Pumpkin Artisan Ales + Kitchen • Tuesday, November 26 • 6:30 to 8:30 p.m. • Join us the last Tuesday of the month for an evening of good food, great company, and a celebration of the farm-to-table ethos, where each dish tells a story of local agriculture, sustainability, and culinary passion. Menu is developed based on seasonality and availability. Children free with paying adult. $35. For more information contact Sarah Schloss at (413) 548-4444, email eat@washtenawmeats.com, or visit washtenawmeats.com.

Pagan Spirituality

Witches Night Out with Moira Payne • Wednesday, November 6, December 4 • 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is back at Crazy Wisdom. Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

Parenting

Clearing the Way for the Power of Listening to Work its Magic for Parents with Leeann Fu • Sunday, November 17 • 7 to 8:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear"? Explore how Teddy Bear Talk provides structure for keeping the teddy bear's own concerns or agenda out of the picture and leaves plenty of room for the talker. Suggested donation: $1-10. For more information contact Leeann at (734)237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

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Personal Growth

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No Judgment Zone with Llama Nancy Burks • Saturdays, November 9, December 14 • Noon to 1:00 p.m. • Discussion and sharing group focused on increasing understanding of how our own habits of judging ourselves and others limit our growth. The facilitator will bring a specific topic to each meeting, then participants can share as much as they wish in a supportive environment. FREE. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Peace

Inner Peace Retreat with Song of the Morning Community & Staff • Saturday through Sunday, December 13, 14, & 15 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Inner Peace Retreat with Naren K. Schreiner • Saturday through Sunday, November 8, 9, & 10 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Reiki

Usui/Holy Fire Reiki I and II Certification with Paula A Burke • Sunday, November 3 • 9:00 a.m. to 6:00 p.m. • With this course, you will receive guidance on Reiki hand placements and the traditional Japanese Reiki methods introduced by Dr. Mikao Usui. Learning Reiki allows you to be aware of the energies around you and direct that energy to heal yourself and others. Come join the journey of delving into the reiki world and receive the positive benefits. Reiki I is $175, Reiki II is $175; schedule both sessions for $325. For more information contact Paula (517) 936-9064, or email diffusingpeace@yahoo.com.

Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • Saturday, November 9 from 10:00 a.m. to 5:00 p.m. & Sunday, November 10 from 10:00 a.m. to 1:00 p.m.• Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. For more information contact Suzy at (734) 476-7958, or email suzyreiki@aol.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a mini or personal retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Day of Mindfulness with Emily Adama • Saturday, October 19 AND/OR November 16 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. $45-$110. For more information visit earthwellretreat.com.

Advent Blessings, Full of Grace with Miriam Brown • Sunday, December 1 at 6:30 p.m. to Thursday, December 5 at 11:00 a.m. • Advent begins with

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"Hail, you are full of grace." We move to embrace the truth and call that our souls, personally and collectively magnify the Lord. Let us rejoice in this spaciousness and give our "Yes" to the fullness of life with its joys, pain, complexities, spirit, and hope. May we radiate the blessing of divine life within us. Commuter $180; Double $325; Single $425 registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Day of Renewal for Helping Professionals with Ariana Wakeman & Emily Adama • Monday, December 7 • 9:30 a.m. to 5:00 p.m. • Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness, nature connection practices, and receive a professional massage. Afterwards, enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. $160-$280. For more information visit earthwellretreat.com.

Salons

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Dr, Jay Sandweiss in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, November 21 • 7 to 9:00 p.m. • What's on your mind these days, Jay Sandweiss, what's in your heart, what have you relished, what's been really hard, what matters? Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Functional Medicine and Chinese Medicine. He's been teaching nationally and internationally for decades. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, November 7 & 21, December 5 & 19 • 7 to 8:30 p.m. • If you know how to do shamanic journeying, please join us to explore the cycles of life through direct revelation by journeying to your spirit guides. Access your inner wisdom and be supported through circle participants. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net.

A Shamanic View of Death and Dying with Judy Liu Ramsey • Friday through Sunday, November 1, 2, & 3 • 6:00 p.m. Friday through Noon on Sunday • Advanced residential class—limit eight students. A traditional shamanic role was to prepare a person for good death, escort deceased souls to their ancestors, and help the grieving left behind. Learn to help in the dying process, and also experience your own beautiful death. Initiation and ceremony. $275 per person/$150 for repeating students, $300 room/board including all meals. For more information contact Judy at info@judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, November 23 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time in your life. Develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Taught via ZOOM. $160 per person/$80 for repeating students. For more information contact Judy at info@judyramsey.net.

Spiritual Development

Sufi Gathering with Imam Kamau Ayubbi • Tuesdays from September 3 to December 31 • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. $5-10 suggested donation. For more information, visit interfaithspirit.org.

Connecting with & Cultivating your Relationship with G-D (from a Kabbalistic Perspective) with Karen Greenberg • Sunday, November10, 17, 24, December 8, 15 • 2:30 to 5:00 p.m. • Create a sacred space, heighten your vibration, compose questions, ask G-D and decipher whether the answers come from your spirit vs. thoughts, emotions, or body sensations. Find divinity in self and others; trust, surrender, serve; express gratitude and awe; be comforted, healed, protected, and guided by G-D for your soul's purpose, dreams, and challenges. $100 per session ($1,000 for all 10 sessions). 50% discount if you pay for all 10 sessions prior to first. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Through the Other End of the Telescope with G Arthur Weidman • Saturday, November 9 • 5:30 to 7:00 p.m. • We will explore how beliefs, attitudes, and expectations shape our lives—both in a positive and negative way based on the quality of one's emotional tone. Donations of $5-10 requested. For more information contact G Arthur at gweidman97@gmail.com.

Resources for Conscious Living

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Certified Sex Therapist, Hypnotherapist
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(734) 926-9169
Ann Arbor 48103
mchll.samuel@gmail.com
https://www.effectivepsychotherapy.net

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Ann Arbor, MI 48103
734-222-8515
www.PhysicalTherapyAnnArbor.com

Nia Spongberg, ACC, CPC
LIFE COACH
mightyoakscoaching.com
(734) 531-9024
MIGHTY OAKS COACHING

Resources for Conscious Living ADS are a super affordable way to advertise in print and online! Contact Tana at tana@crazywisdom.net for more information.

The Crazy Wisdom Calendar

That Which is Already Awake is the Path: Awakening to the Joy & Unconditional Love Within with Barbara Brodsky, Aaron & John Orr • Tuesday, November 5, 19, December 3, 17 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring together: what is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $140-$420. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

What Happened at the Synod on Synodality — And What is Next? With Massimo Faggioli • Thursday, November 14 • 7 to 8:30 p.m. • The talk will summarize the unfolding of the Synodal Process (2021-2024) culminating with the two assemblies of the Synod (October 2023 and 2024). The focus will be on the ecclesial meaning of this event and on the potential for the development of doctrine and discipline for the most debated issues in the Catholic Church and the after-Synod period. $35, registration required. For more information, contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

How to Live a Soul-directed Life with ECKANKAR • Sunday, December 8 • Noon to 1:00 p.m. • Discover more about yourself as soul, an eternal, creative, spiritual being. Connect with this most sacred part of yourself, receive new insights, and magnify love in your life. All are welcome to this ECK Light and Sound Service which offers you the chance to explore your own direct connection with the Divine. Students of ECKANKAR, The Path of Spiritual Freedom, will share spiritual insights for living authentically and harmoniously. Experience the sacred sound of HU. Located at the Pittsfield Branch Library, 2359 Valley Drive. FREE. For more information, visit eckmi.org.

Stress Management

Role-Plays for Difficult Conversations with Leeann Fu • Sunday, November 17 • 1 to 2:00 p.m. • Are difficult conversations stressful for you? Role-playing with a neutral party can help by making things feel less charged, lowering the stakes, and providing opportunities to practice different ways to handle the conversation. This online session allows you record a role-play of your difficult conversation—if you would like. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Tai Chi, Martial Arts, Fitness, and Self Defense

Wu Style Tai Chi Chaun with Marylin Feingold • Sundays, November 3, December 1, 8, 15, 22, 29 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, Saturdays • Times Vary, 1 Hour Maximum • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Erin Cantrell Fitness—Total Body Conditioning • Daily classes available • Varying times available • Private training sessions as well as group classes in yoga and fitness. Offering classes in VinYin, Total Body Conditioning, Sweat, Shred, Hi Energy Shred, Low Impact Sculpt, Power Sled, Not your Mom's Pilates, and more. Check out the schedule and learn more at erincantrellfitness.com.

Martial Arts and Fitness at Final Round Training Center • Daily classes available • Varying times available • Classes includes Muay Thai, Grappling, Jiu-Jitsu, Cardio Kickboxing, classes for women and classes for kids. Learn more online at finalroundtrainingcenter.com or call (734) 929-4362.

Tarot and Divination

Empathetic Tarot Readings with Leif Laufeyjarsen • See Schedule Below • Hosted at Crazy Wisdom. Walk-ins welcome. September 14th through December 31st. First, second, and third Saturdays, from 1 to 5:00 p.m. Second and third

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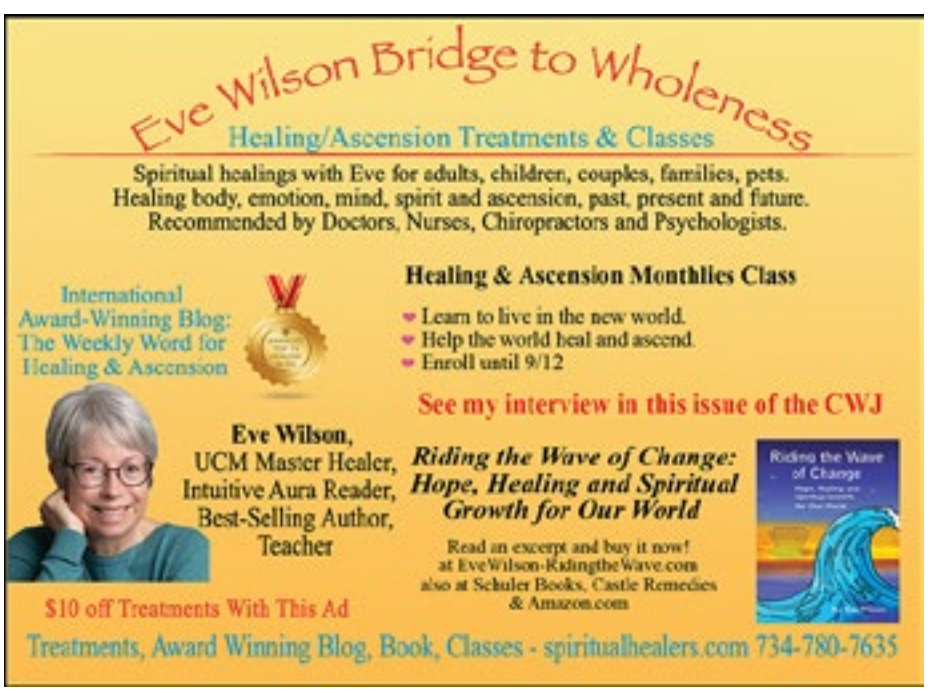
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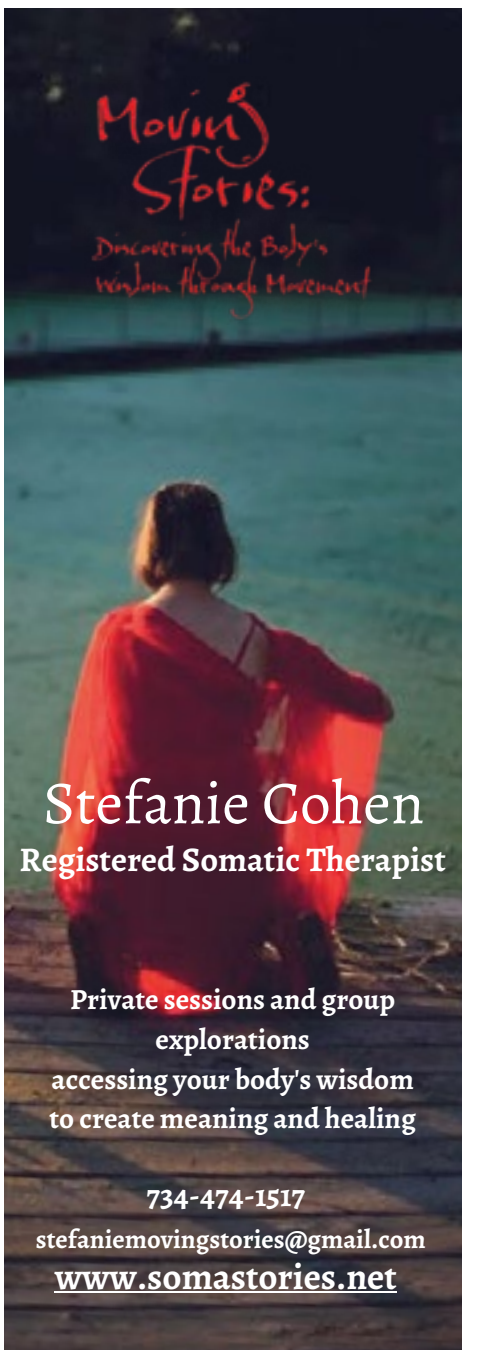


November Live Music
7:30-9:30pm

Stuart Benbow

Bob Hoot

Friday November 1st

Songwriter Round

Bob Knox

Michael Snyder-Barker

Friday November 8th

Billy Brandt

Opens For

Tom Alter

Friday November 15th

Nicholas Martin

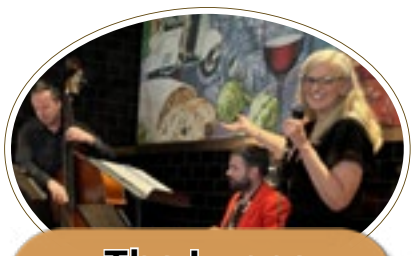
Opens For

Dan Cafferty

Friday November 22nd

Milan Seth

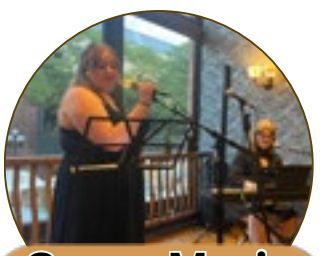
Opens For


The Lynne Frederickson Trio

Friday November 29th

Stuart Benbow

Opens For


Grace Marie (duo)

114 S Main St. Ann Arbor MI

Fridays 6:30 to 9:30 p.m. $3/minute, 15 minute minimum. For more information contact Leif at laufeyjarsen9@gmail.com.

Intuitive Readings with Marcella Fox • See Schedule Below • Hosted at Crazy Wisdom. Last Saturday and Sunday of each month, September through December. Noon to 3:00 p.m. Rates: $20 first 15 min. Additional time $1 per minute. For more information contact Susan at eventsandbookings@crazywisdom.net.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops held Wednesday, November 13, December 11 • Readings held Wednesday, December 4 • 7 to 9:00 p.m. • Workshop offer space for writers to discuss their work. Featured readers perform for 1-hour, open mic follows. Featured readers: Up-State New Yorkers Judith Kerman and Helen Ruggieri (9/25); Crazy Wisdom Workshop writers Kathlene Barrett, Nicole Birkett, Shutta Crum, David Jibson, Markland Lloyd, Edward Morin, Lissa Perrin (10/23); poet/novelist Sandra Cisneros (12/4). Held virtually on ZOOM. FREE. For more information email cwpoetrycircle@gmail.com, or visit cwcircle.poetry.blog.

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Crazy Wisdom Poetry Circle

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

December 4 - Sandra Cisneros is a poet, essayist, and fiction writer who explores the lives of working people. Her classic novel, *The House on Mango Street*, celebrates its 40th anniversary. Poetry collections include *Loose Woman* (1995) and *Woman Without Shame* (2022). She has a MacArthur Fellowship and a truckload of other awards.

Sandra Cisneros photo © Keith Dannemiller

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Ellen Craine

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Writing and Poetry continued...

Re-Membering with Tarianne DeYonker • Saturday, November 30 • 1 to 4:00 p.m. • It's one thing to share memories and quite another to probe them for the meaning they have for our lives. This writing workshop is designed to tap into that inner wisdom carried by our memories and meant to deepen our appreciation and understanding of our lives. Beginning and experienced writers are welcome to join in person or online. $35, registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing• Aqua yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats and more. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students gain so much mind/ body/ spirit wisdom that they return year after year to enjoy this life enhancing practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • November 7, December 5, 12, & 19 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session – First visit is free! Cash or more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga at Tiny Buddha Yoga, voted best in Washtenaw County for Seven Years • Daily classes available • Varying times available • Classes include Hot Vinyasa, Blend Vinyasa, Slow Burn, Ashtanga, Yin Restorative, Slow Flow, and Yinyasa. Teacher Training and individual instruction available. Two Ann Arbor locations. Check out our Mysore and U-M student ambassador programs out online at tinybuddhayoga.com or call (734) 926-5040.

Yoga Classes at Red Yoga, A Hot Yoga Studio • Daily classes available • Varying times available • Classes include Hot Vinyasa, Steel Mace Flow, Yin Yoga, Yin and Yoga Nidra, Community Karma Yoga and more. Teacher training and Private classes available. For more information visit redyogaannarbor.com or call (734) 436-8119.

Yoga at Imagine Fitness and Yoga • Daily classes available • Varying times available • Offering classes in Fundamentals and Beginner Yoga, Vinyasa Levels 1-3, Restorative Yin Yoga, Ashtanga, and Hatha. Heated floors in the yoga studio. We will help you develop the strength, flexibility and balance that are essential for a healthy lifestyle. For more information visit imaginefitnessandyoga.com, call (734) 622-811, or email imagine@imaginefitnessandyoga.com.

From Our Blog

Say Something Nice

By Sibel Ozer

Overall, I am a better therapist than I am a mother. My love for my children is unquestionably larger/deeper than my care for my clients, and yet when it comes to communicating it, I do a better job as a therapist.

Being a therapist is by far less messy than being a parent, and also quite a bit less vulnerable. My ego functions are often triggered as a parent, whereas I can easily keep them out of the picture in my role as counselor. I so cherish the concept of good enough parenting. That, I can do.

Being a mom is more complicated in that it is many jobs woven into one role and they don't always align. Conflicting desires co-exist, warring to get their agenda through. The love is underneath it all, and yet there is the responsibility to model and mold a good work ethic, to form a sense of responsibility and accountability, to transfer morals and values, to create empathy alongside a solid sense of self-respect, to encourage their minds to remain open and curious, to tolerate their needing to experience their resilience, to teach kindness, and so much more. I have to reread the passage on children in Kahlil Gibran's The Prophet, to remind myself of the fallacy of my own indoctrination on parenthood.

I am not expected to shape and influence my clients the way I try to shape my children. In fact we would consider that undesirable most of the time, something that gets in the way of our neutrality, and our clients' rights to be seen, heard, and understood as they are. Most of the time it is easier to listen, in fact it is the bulk of the work, even when I don't agree with what I am hearing. At times I find myself getting impatient though, no different than in my parental role, particularly when I see my clients being cruel to themselves, or allowing themselves to be mistreated.

I had a really lousy session the other day where my client told me she felt as if I didn't want her to succeed, and that I didn't trust her. At least there was safety enough for her to be honest about it! And thankfully, I'm humble enough to admit when I take a wrong route. There are always so many possible threads to follow in a therapy session. I was asking some hard questions with the choices my client made, and though they were relevant and important to consider, I missed what she most needed in that moment, which was moral support. It was not ideal, but it happens.

The times I am a lousy parent, similarly choosing to follow the wrong thread in a given interaction, are too numerous to know. The older our children become the more of a challenge this becomes, as we have to relinquish the things we so desperately want to pass on to them as we run out of time. The role of teacher, explainer, and guide between right and wrong, becomes mostly obsolete, even as the habit remains. It may never become obsolete on our end, but they are simply no longer interested.

And, of course, there are the other roles I haven't touched on, of being a partner or spouse, a colleague or friend, a mentor or actual teacher to someone. In these roles, too, there are choices around what one will focus on, where one will take the conversation. We can be more logical, emotional, pragmatic, encouraging of freedom and folly, serious, humorous; the possibilities are really endless.

I find the better threads to follow are there if we are intent on finding them. This is easier to do when we are balanced and resourced, which one rarely is with young or multiple children, or if one is overwhelmed, burdened, grieving, or lacking in health. When I am centered within myself, connected to my core Self, and attuned to seeking what might be most helpful, it'll often come to me. I think of this practice as connecting to the current or wavelength of higher wisdom. Seek and you shall indeed find it.

Read the rest of the essay online!

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
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